

LET'S GET PREPARED: TOOLS FOR EMERGENCY PREPAREDNESS

Jane Neglia, Dayle McIntosh Center

Scarlett vonThenen, State Council on
Developmental Disabilities, Area Board XI



SPECIAL THANKS TO
ANA MARIE JONES
OF
COLLABORATING AGENCIES
RESPONDING TO DISASTER (CARD)

1736 Franklin Street, Suite 450

Oakland, CA 94612

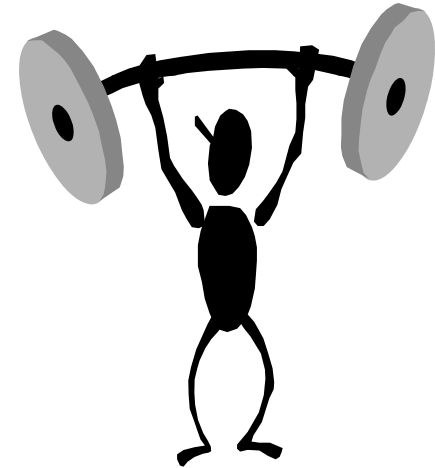
Phone: (510) 451-3140 Fax: (510) 451-3144

www.FirstVictims.org

Material reproduction courtesy of CARD

WHY IS PREPAREDNESS IMPORTANT?

- Empowering
 - Gives you the tools to succeed
 - Makes you a leader
 - Feel safer
-
- Why else is preparedness important?
 - How does a prepared person feel?



PERSONAL PREPAREDNESS: FIRST STEPS

People first!



- Who are the people you care about –
 - the ones you will want to check on if they are in an emergency;
 - the ones who will want to know if you are safe?

They are why preparedness matters.

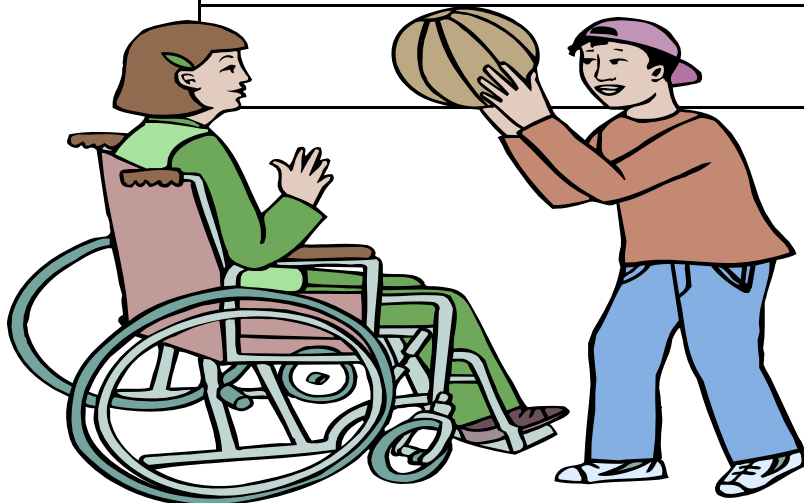
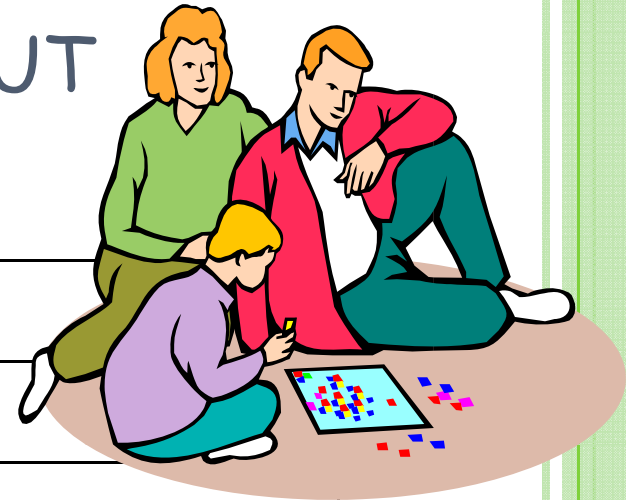
- Write down their names – in an emergency, they are your chosen contacts

(green handout)



PEOPLE YOU CARE ABOUT

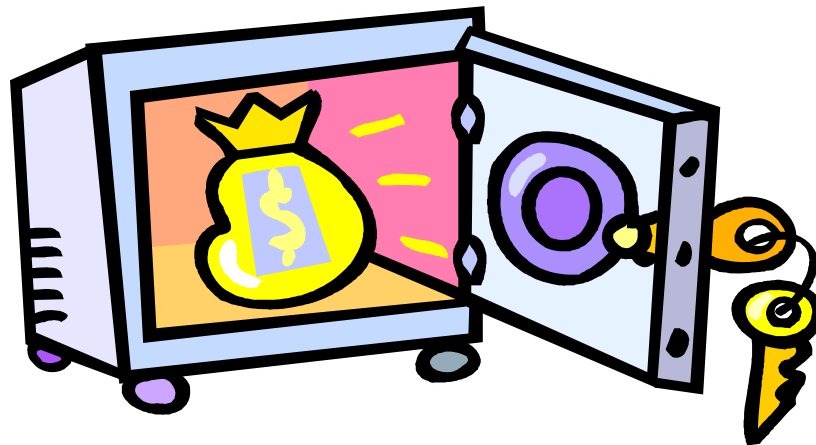
Mom	



PERSONAL PREPAREDNESS: FIRST STEPS

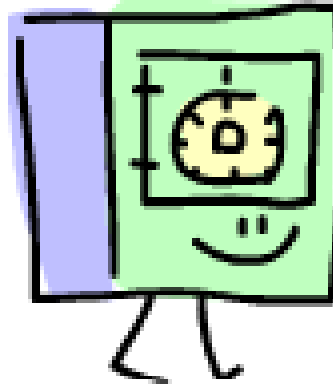
Now that all your loved ones are safe...

- What are the things you want to protect?



Things in your life that you
value





- Things you value -

- What are the things in your life you want to protect?
- This is about what YOU value.



Assume all people and pets are safe.

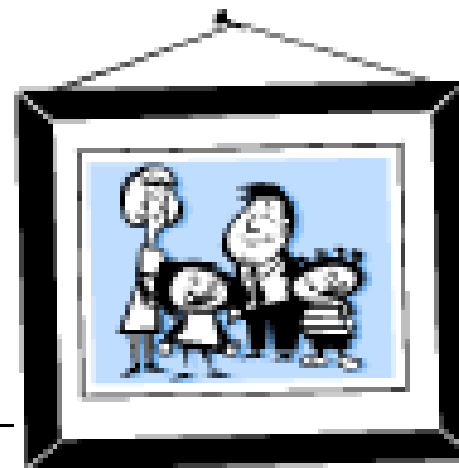
- If you could only save a few things, what would they be?

(green handout)

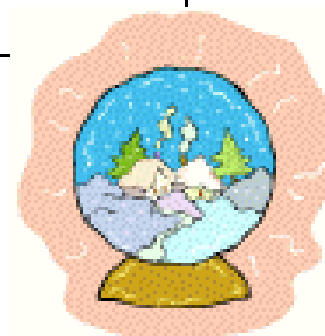
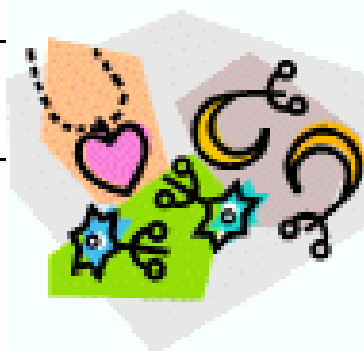
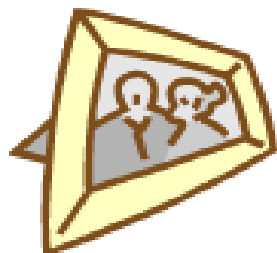




THINGS YOU VALUE

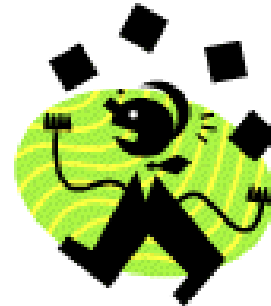


Family photos	



PERSONAL PREPAREDNESS: ACTIONS

- Once you've identified your priorities, you can make smart choices and take helpful action.

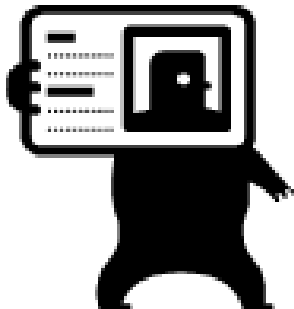


- Address the following areas to get yourself started on the road to being completely safe and prepared!



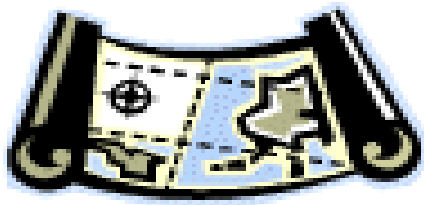
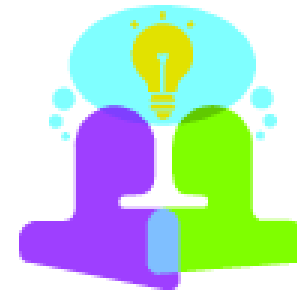
PEOPLE IN YOUR LIFE

- **RECORD** all emergency contact information on an emergency ID card
- **STORE** this emergency ID card in your Go-Kit
- **CHOOSE** an out-of-area contact person that would be unaffected by a disaster near you
 - Give the out-of-area contact a list of your chosen contacts with their contact information



THINGS IN YOUR LIFE

- **RECORD** a list of your most treasured possessions
- **CREATE** a treasure map of their whereabouts; include descriptions if helpful
- **SHARE** this list with appropriate, trusted friends, family or others
- **STORE** this list in your Go-Kit





DESIGNATE EVACUATION SPOTS!



RALLY
POINT

Share this information with your family. Be sure that if you need to evacuate, everyone will meet in the same place. Practice gathering there to be sure everyone agrees.

1st Choice: _____

2nd Choice: _____

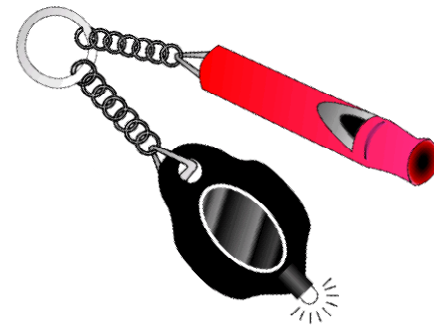
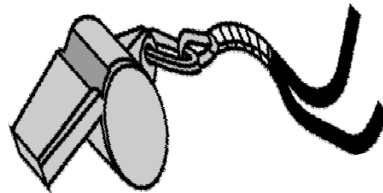
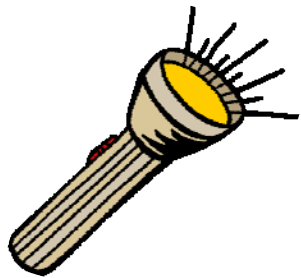
Let's brainstorm potential evacuation spots!



PERSONAL PREPAREDNESS: SKILLS



You are your most valuable preparedness resource! Learn the skills that can help keep you safe.



PERSONAL PREPAREDNESS: SKILLS

- WALK THE WORLD WITH PREPAREDNESS IN YOUR POCKET,

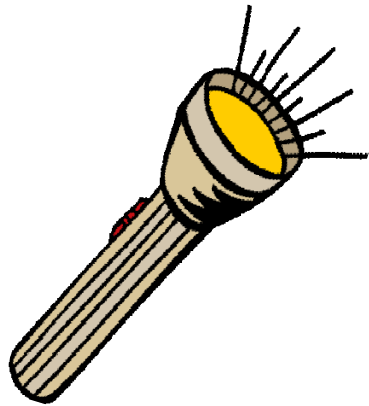
- put a whistle and flashlight on your keychain!

- **Whistles** will help you call for help or give a warning, and many other forms of communication. A whistle's sound will carry much further than your voice, and it will last longer.
- **Flashlights** are very effective at getting someone's attention, or directing traffic. Use flashlights to see **AND TO BE SEEN** – flashlights make excellent communication devices.

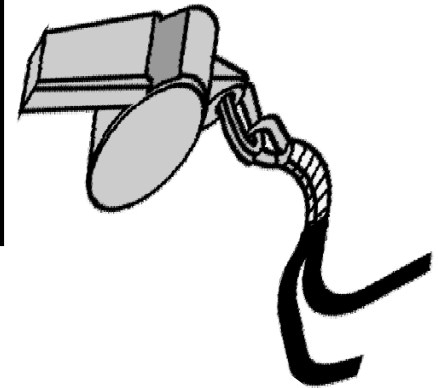


PERSONAL PREPAREDNESS: SKILLS

Code for using whistles and flashlights



Use this simple code:
1 = Yes 2 = No 3 = Help!



WHISTLES!

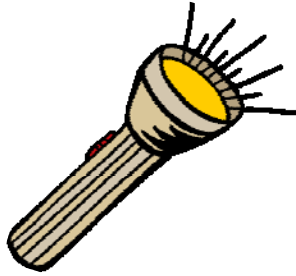


- Whistles are so small, inexpensive, multi-use, and immediately elevate your personal safety.
- **Let's think of all the ways to use whistles!**



Be heard!	





FLASHLIGHTS!

- Like a whistle, the flashlight is small, inexpensive and multi-use.

○ **Let's think of all the ways to use flashlights!**

Be seen!	



MORE USEFUL RESOURCES!

- Even when you have few resources, you can still be RESOURCEFUL!

You can use anything to serve your disaster needs. What could you do with these useful, everyday items?

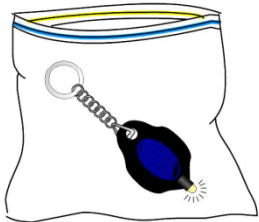


ZIPTOP BAGS!



- Ziptop bags have thousands of uses. It is one of the best and most useful items to have in an emergency.

○ Let's think of all the ways to use Ziptop Bags?



Waterproofs stuff inside	



PAPER WITH CRITICAL INFORMATION!

- Here are some of the important documents and data that you can duplicate and protect.
 - Name and Social Security Number of each household member.
 - Name, address, and phone number of friends and family members.
 - Name, address, and phone number of doctor's vet, and other important sources of assistance.
 - Medical information: health plan numbers, allergies, medications taken, contact numbers of doctors and health providers.
 - Insurance information: account/policy type and number; contact numbers (take photographs of all valuables for documentation & insurance claims).
 - Wills, birth certificates, green cards, work permits
 - Banking information (account type and number, contact numbers).
 - Tax records for the past three years.
 - Utility bill or other proof of residency.



PAPER WITH CRITICAL INFORMATION!



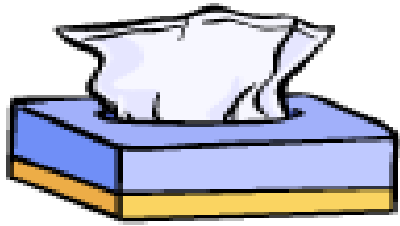
- Having a little sheet of paper filled with simple, critical information, can be a life-saver in an emergency.

- **What are all the things a little sheet of paper can provide?**



Contains contact numbers	





TISSUES!

- Having tissues is important for everyday use and for many emergencies.

- Let's think of all the ways to use tissues?

Toilet paper	



HAND SANITIZER!



- Learning how to lower the likelihood of spreading disease is key to helping everyone stay healthy.

○ **Let's think of all the ways to use hand sanitizers?**



Replaces soap & water	





SHARPIE MARKERS!

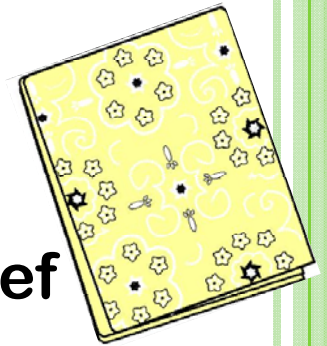
- A simple Sharpie marker can be a life saving tool.

○ **Let's think of all the ways to use Sharpie Markers?**

Clearly label items	



BANDANNAS!



- A simple bandana or large cotton handkerchief can serve many purposes in an emergency.

○ Let's think of all the ways to use bandannas?



Blanket	





YOUR EMERGENCY PREPAREDNESS GO-KIT

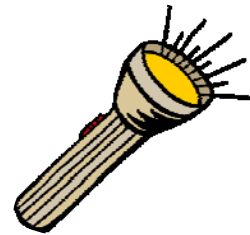
Now that you know what items should go in
Go-Kit...

Build a Go-Kit. As we've discussed, many of the things that can keep you safe and comfortable in an emergency are small, and often simple, low-cost items. Even if you don't have every single item, put small, useful things in a small bag that you can pick up and carry at a moment's notice.



MORE GO-KIT ITEMS

- Water (keep several small packets rather than one large bottle)
- Food (pick things you enjoy and items that don't need to be cooked)
- Small first-aid kits/essential medications/eyeglasses/hearing aids
- AM/FM radio (with extra batteries)
- Mylar blankets (space blanket)
- Flashlight (with extra batteries)
- Lightsticks
- Whistle (loud)
- Comfortable/sturdy shoes
- Clothes (several light layers is better than heavy or bulky items)
- Garbage bags /plastic bags
- Duct tape
- Tissues/toilet paper
- Deck of cards, book or something to help pass time
- Face masks/dust mask/Bandana or cloth to cover your face
- Pocket knife /Swiss Army knife/scissors
- Copies of important papers (ID, credit cards, insurance policies, etc.)
- Cash and coins
- Pen and paper



SUPPLIES YOU CAN CARRY ON YOU

Each of these items can help you be and feel more safe, secure and prepared, wherever you are.

Cash and coins

Keychain whistle

Keychain flashlight

Pre-programmed cell phone

Pen and paper

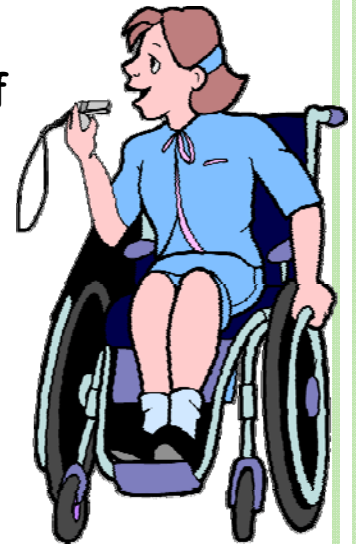
Tissues

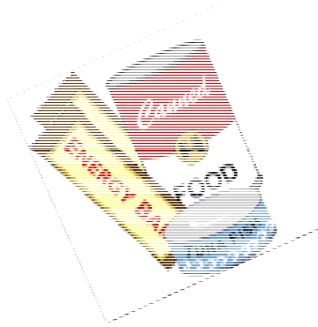
Bandanna / handkerchief

Pocket-sized first aid kit

Water bottle

Photo ID card





○ To walk the world feeling more prepared, I will:

1. _____
2. _____
3. _____
4. _____
5. _____





HAVE ADDITIONAL QUESTIONS?

Jane Neglia - Dayle McIntosh Center
13272 Garden Grove Blvd.
Garden Grove, CA 92843
(714) 621-3300 ext. 355



Scarlett vonThenen - Area Board XI
2000 East Fourth Street, Suite 115
Santa Ana, CA 92705
(714) 558-4404





THANK YOU!